

# Making Healthy Choices Around Technology

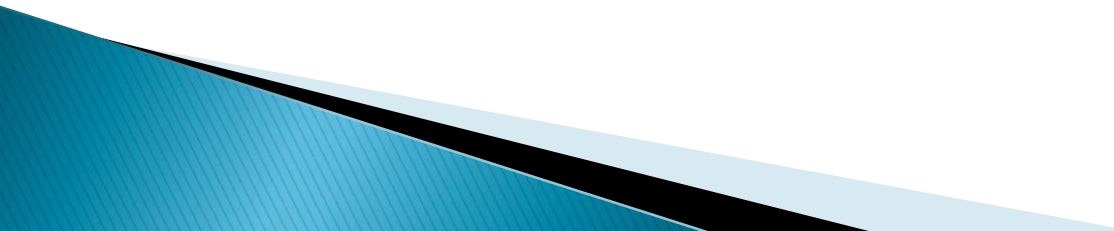
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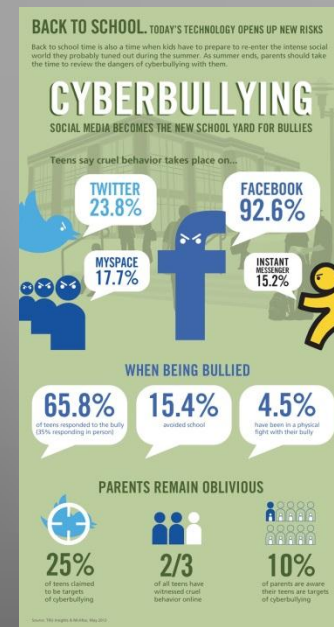
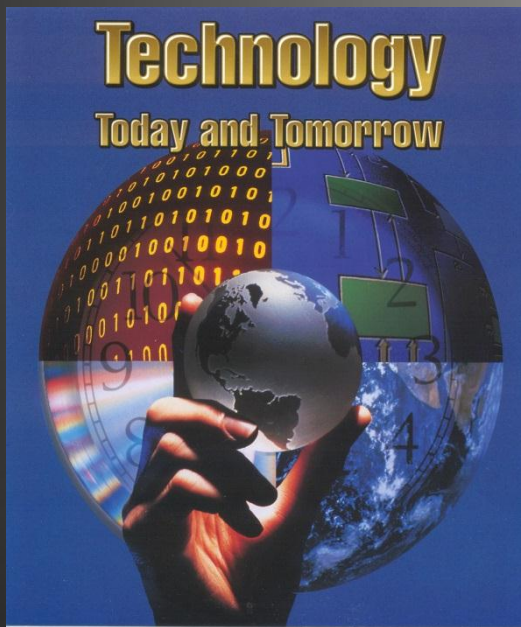


How big a role does technology play in your life? >>

# “Click” if...

- ▶ You have a cell phone.
  - ▶ You have a “smart phone”.
  - ▶ You sleep with your cell phone near your bed.
  - ▶ You have a “social media” account (Facebook, Instagram, Snapchat, etc.).
  - ▶ You have your own computer or laptop.
  - ▶ Your parents have rules about your technology use.
  - ▶ Texting and social media are a big part of how you stay connected with friends.
  - ▶ Either you or a friend has ever felt hurt by something that was said via text or social media.
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# What are the positives and negatives of technology?



**How do you make healthy choices around technology?**





# How much time do you spend on technology?

- ▶ Did you know that multi-tasking actually makes your brain less efficient and able to “think deeply”?
- ▶ How much sleep do you get?
- ▶ Click if you get...
  - 9 hours
  - 8 hours
  - Less than 8 hours
- ▶ Did you know that your brain needs “down-time” to develop and that kids 10–14 need 9–10 hours of sleep?
- ▶ [VIDEO](#)

# How do you decide what is ok to say or post online (or via text)?



# How do you protect your “digital footprint”?





# Words of advice...

- ▶ “Think before you click...”
  - ▶ Ask yourself:
    - Will anyone be hurt by what I say?
    - Is this something that I would be willing to say face to face?
    - Is this something I wouldn't mind if my grandmother or Principal saw?
    - Is this something I am willing to have in my “Digital Dossier”?
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